

COOK SMART TO HELP STUDENTS EAT SMART REGIONAL WORKSHOPS

This workshop will provide training on food preparation techniques and menu planning tips to help you serve meals and snacks that meet the *2010 Dietary Guidelines for Americans* and the *new proposed USDA regulations*. Tips for cooking smart to reduce fat, sugar, and sodium while increasing fiber, flavor and overall eye appeal will be covered. Menus, recipes and marketing ideas for utilizing the *USDA Foods* and locally grown or processed foods will also be reviewed. The target audience is food service managers, cooks, and cook's assistants. This 4-hour training will include a lunch meal. The fee is \$35 per participant. Preregistration is required. Class size is limited to 20 participants per site.

DATES AND LOCATIONS

Bozeman	August 12, Friday	Montana State University Herrick Hall - Room 120 - Foods Lab Cleveland/8 th Avenue
Havre	August 9, Tuesday	Havre High School Family and Consumer Science Rm 900 18 th Street
Kalispell	August 11, Thursday	Glacier High School Family & Consumer Science Rm 375 Wolfpack Way
Miles City	August 18, Thursday	Custer County High School Family & Consumer Science Rm 20 South Center Ave
Circle	August 16, Tuesday	Circle High School Family & Consumer Science Rm 1105 F Avenue

TRAINING COST PER PARTICIPANT IS \$35. Lunch is served as part of the workshop.
Please write check or purchase order to MSU and reference MTN Cook Smart Workshop.
Payment due to MT Team Nutrition Program by the day of the Workshop
Mail to Montana Team Nutrition, MSU, PO Box 173370, Bozeman, MT 59717.

PREREGISTRATION IS REQUIRED

Deadline for preregistration is seven days before date of training or until class limit is met.
Call Montana Team Nutrition Program at (406) 994-5641 for more information.

Cook Smart Training Preregistration (Please Print)

Complete one registration form for each person attending and mail to: Montana Team Nutrition Program, MSU, PO Box 173370, Bozeman, MT 59717, or fax to: **(406) 994-7300**

Name and Title: _____
School District: _____ Town/City: _____
School Telephone: _____ Home/Cell Telephone: _____
School E-mail: _____ Home E-mail: _____

I will attend training in: (Please check the site)

August 11, 2011 -- Kalispell _____ August 9, 2011 -- Havre _____
August 12, 2011 -- Bozeman _____ August 16, 2011 -- Circle _____
August 18, 2011 -- Miles City _____

**Montana Team
Nutrition Program**
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*In cooperation with
the Montana Office of
Public Instruction*